

OTTAWA JEWISH BULLETIN & REVIEW

January 15 Opening

Histadrut Drive Starts



Shalom Welcome Service Holds Chanukah Party

Susannah Dalfen, Chairman of the Shalom Welcome Service, greets Mr. and Mrs. Herbert Wortman and Mrs. Anne Rabinovitch at the Pre-Chanukah Party for newcomers to Ottawa held at the Jewish Community Centre on Sunday evening, December 17. Over 100 braved the winter storm to attend. Mrs. Dalfen and her committee welcomed the guests and made them feel at home. Musical entertainment was provided by the Israel Chorus directed by Dr. Victor Steinberg. Issie Landau extended greetings on behalf of the Jewish Community Council.



Mr. and Mrs. Irving Lithwick



Israel Shinder



Mr. and Mrs. Percy Kardash

Three New Funds Established by Foundation

The Ottawa Jewish Community Endowment and Bequest Foundation is pleased to announce the establishment of three new Funds by family and friends who have selected this highly appropriate way to honour their loved ones in perpetuity.

The Percy and Libby Kardash Foundation established in honour of their 45th Wedding Anniversary. Percy was born in Poland and Libby in Rumania. They were married in Ottawa in 1933.

Mr. and Mrs. Kardash are active members of Machzikei Hadas Synagogue. They are

also involved in many facets of Jewish life in the community. He has been in the retail fur business for thirty-five years. Mr. and Mrs. Kardash have two children: Dr. Sidney Kardash and Bess, wife of Lawrence Weiner. They have four grandchildren.

The Irving and Ellen Lithwick Foundation established on the occasion of and in honour of his 70th birthday.

Mr. Lithwick arrived in Canada from Russia in 1929. Originally in the retail fruit business in partnership with his

brother Arnold, they switched to clothing and for many years operated a flourishing business on By Ward Market. After selling their store, they concentrated on their real estate interests.

Mr. and Mrs. Lithwick are ardent Zionists who have been active in a number of organizations in the community. Their work for the Jewish National Fund over the course of many years has been particularly noteworthy. They were also very much involved in the establishment of Hillel Academy. The Lithwicks are

members of Congregation Beth Shalom.

He is a Past President of Agudath Israel Synagogue and President of the New Jewish Community Cemetery. He was the thriving force in its purchase and development. Mr. Shinder is married to Jenny Greenberg. They have four children: Linda, Elieen, Jack and Ruth.

All three are open-ended Funds which may be added to at any time. In each case, the capital is invested and only the income is used each year for religious, educational and charitable purposes. The

honourees will be consulted by the Allocations Committee of the Foundation as to the disposition of the income earned each year.

Anyone wishing to add to the capital of any of these Funds may do so by sending a contribution made payable to the Ottawa Jewish Community Endowment and Bequest Foundation at 151 Chapel Street, Ottawa, K1N 7Y2.

Such donations are income tax exempt. Notifications and acknowledgements are sent to all concerned in the form of appropriate cards and letters.

Ottawa's 1979 Histadrut Campaign which begins January 15 will continue the tradition established some years ago of channelling its proceeds to specific projects in Israel in the name of the Jewish community of Ottawa. The appeal to local contributors will be conducted during the four-week period ending February 15.

Sam Schwartz, the veteran Histadrut worker who served as Chairman in 1978, is staying on in that capacity for 1979 as well. Histadrut officials are pleased that he is doing so since they see his continuity of leadership as very much a plus factor in the drive.

According to Mr. Schwartz, the funds raised this year will be directed towards the construction of a dental clinic in Dimona, a development town in the Negev of Israel. Dimona does not have such a facility and needs it badly. The Ottawa campaign is in response to that call. It will be known as "The Ottawa Canada Dental Clinic" when completed.

Those wishing to donate a room or a particular piece of equipment in honour of or in memory of a loved one will be able to do so. Enquiries should be directed to Mr. Schwartz or any members of his Committee. Otherwise, contributions to the campaign will be channelled towards the general building fund.

Funds collected in previous Ottawa Histadrut campaigns have gone towards the construction of the Medical Centre



Sam Schwartz

in Herzlia, a Cultural Centre in Petach Tikvah, a Youth Centre in Jerusalem and the Jewish Heritage Project in East Jerusalem. Ottawa visitors will be welcome at any of these institutions in Israel. All bear plaques linking them with the Ottawa Jewish community.

Histadrut campaign workers will be approaching the community for support over the next few weeks. In a letter to every home, Mr. Schwartz expresses the hope that the drive will receive generous response.

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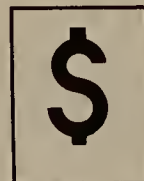
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Foundation Donations

The Board of Directors of the Ottawa Jewish Community Endowment and Bequest Foundation acknowledges with thanks the receipt of contributions to the following Funds, since publication of the last lists on December 29:

HYMAN BESSIN MEMORIAL FUND

In memory of Hyman Bessin by Mr. and Mrs. Benjamin Davis, Washington, D.C.; and by Mr. and Mrs. Nathan Sokol, Toronto.

TOM AND MIRIAM BOR- DELAZ ENDOWMENT FUND

In memory of Tom Bordelay by Mr. and Mrs. Israel Glustein; by Mr. and Mrs. Moe Kardish; by Mrs. Libby Lief; and by Mr. and Mrs. Harold Shoihet.

Wishing a speedy recovery to Louis Kardash by Eleanor Kardish.

HARRY COOPER MEMORIAL FUND

Wishing a speedy recovery to Morris Saslove by Mrs. Jean Cooper.

MICHAEL FREEDMAN FOUNDATION

In honour of the 25th Wedding Anniversary of Mr. and Mrs. Lawrence Freedman by Mr. and Mrs. Sol Sherman.

JACK AND GERT GOLD- STEIN FOUNDATION

In honour of the 35th Wedding Anniversary of Mr. and Mrs. Jack Goldstein by Mr. and Mrs. Donald Chodikoff; by Mr. and Mrs. Ernest Drucker;

by Mr. and Mrs. Stanley Glube; by Mr. and Mrs. Milton Greenberg; by Mr. and Mrs. Sam Greenberg; by Mr. and Mrs. Larry Hartman; by Mr. and Mrs. Sid Hartman; by Mr. and Mrs. Sol Kaiman; by Mr. and Mrs. Stanley Katz; by Mr. and Mrs. Nat Levitan; by Dr. and Mrs. David Malek; by Mr. and Mrs. David Moskovitz; by Mr. and Mrs. John O'Hayon; by Mr. and Mrs. Jarry Penso; by Mr. and Mrs. Norman Potechin and Family; by Mr. and Mrs. Saul Ross; by Issie Sandler; by Mr. and Mrs. Bernard Shinder; by Mr. and Mrs. Israel Shinder; by Mr. and Mrs. Sol Shinder; by Mr. and Mrs. Barry Trainoff; by Mr. and Mrs. Harry Weltman; by Mr. and Mrs. Ted Wolfe and Family; by Mr. and Mrs. Max Zelikovitz.

MORRIS BOLDBERG MEMORIAL FUND

In memory of Morris Goldberg by Mr. and Mrs. Shalom Gewurtz, Willowdale; by Mr. and Mrs. Russell Kronick; by Dr. and Mrs. David Malek; by Mr. and Mrs. Abe Murray and Family; by Lyon Wexler, Hamilton; and by Mr. and Mrs. Louis Sherman.

In memory of Israel Shore by Mr. and Mrs. Russell Kronick.

ARTHUR AND SARAH KIMMEL MEMORIAL FUND

In memory of Mrs. Sarah Kimmel by Mr. and Mrs. Herb Gosewich; by Dr. and Mrs. Eli Rabin; by Mrs. Libby Lief; by Mrs. Sam Victor; by Mr. and Mrs. Herb Victor; by Mr. and Mrs. Allan Baker; and by Mr.

and Mrs. Donald Chodikoff.

PINEY AND LIBBY KAR- DASH ENDOWMENT FUND

In honour of the 45th Wedding Anniversary of Mr. and Mrs. Piney Kardash by Dr. and Mrs. Gary Bonn; by Mr. and Mrs. Tom Bordelay; by Mrs. Celia CCardash; by Littman Cardash; by Moe Cardash; by Mrs. Jennie Cohen; by Mr. and Mrs. Leon Gluzman; by Mr. and Mrs. Ben Greenberg; by Mr. and Mrs. Max Greenberg; by Niome Greenberg; by Dr. and Mrs. Sidney Kardash and Children; by Mr. and Mrs. Issie Kardish; by Mr. and Mrs. Israel Kardish; by Mr. and Mrs. Moe Kardish; by Mr. and Mrs. Isaac Kerzner and Family, Montreal; by Mr. and Mrs. Harry Kofsky; by Mr. and Mrs. Harry Levinson; by Mrs. Libby Lief; by Mr. and Mrs. Joe Liff; by Mr. and Mrs. Abe Murray and Family; by Mrs. Goldie Muster; by Mr. and Mrs. Jerry Penso and Family; by Mr. and Mrs. Sam Tanner; by Mr. and Mrs. Charles Taylor.

IRVING AND ELLEN LITHWICK FOUNDATION

In honour of 70th birthday of Irving Lithwick by Mr. and Mrs. Barry Lithwick; by Mr. and Mrs. Irving Lithwick; by Mr. and Mrs. Irwin Lithwick; by Dr. and Mrs. Harvey Lithwick; and by Mrs. Rose Lithwick.

JACOB AND HELEN RIVERS MEMORIAL FUND

In honour of special birthday of Dr. Fred Babad, Trenton,

N.J. by Mr. and Mrs. Ben Goldberg.

HARRY SHINDER ENDOWMENT FUND

In honour of the 30th Wedding Anniversary of Mr. and Mrs. Joseph Halperin by Mr. and Mrs. Murray Garceau; by Dr. and Mrs. David Malek; by Mr. and Mrs. Harry Shinder; by Mr. and Mrs. Lionel Shinder; by Mr. and Mrs. Sol Shinder.

ISRAEL SHINDER ENDOWMENT FUND

In honour of the 60th birthday of Israel Shinder by Mr. and Mrs. Ernest Drucker; by Mr. and Mrs. Milton Greenberg; by Mr. and Mrs. Nat Levitan; by Dr. and Mrs. David Malek; by Mr. and Mrs. Saul Ross; by Mr. and Mrs. Norman Potechin and Family; by Mr. and Mrs. Bernard Shinder; by Mr. and Mrs. Harry Shinder; by Mr. and Mrs. Sol Shinder; by Issie Sandler; by Mr. and Mrs. Casey Swedlove; by Mr. and Mrs. Barry Trainoff; and by

Mr. and Mrs. Ted Wolfe and Family.

CLAIRE AND SAM TANNER ENDOWMENT FUND

In honour of the 41st Wedding Anniversary of Mr. and Mrs. Maurice Waxman by Mrs. Rebecca Hoffman, Perth, Ont.

In honour of the Wedding Anniversary of Mr. and Mrs. Charles Slipacoff by Mr. and Mrs. Maurice Waxman.

SAUL AND FANNY TAN- NER ENDOWMENT FUND

In memory of Sam Wiener of Montreal by Mr. and Mrs. Louis Cohen; and by Mr. and Mrs. Stephen Wiener.

In memory of Saul Sonken by Mr. and Mrs. Louis Cohen.

Contributions may be sent to the Foundation at 151 Chapel Street, Ottawa, Ontario, K1N 7Y2. All are income tax exempt. Notifications and acknowledgements are sent to all concerned in the form of attractive cards and letters.

The Ottawa Jewish Bulletin and Review is published by the Ottawa Vaad Ha'Ir (Jewish Community Council of Ottawa), 151 Chapel Street, Ottawa K1N 7Y2. David Loeb, Immediate Past President; Gilbert Greenberg, President; Sol B. Shinder, Alfred Friedman, Vice-Presidents; Issie L. Landau, Treasurer; Joseph Lief, Q.C., Honorary Secretary; Hy Hochberg, Executive Vice-President; Bulletin Committee: George Berger, Chairman, Rabbi Saul I. Aranov, Simone Goldberg, Mark Max, Sidney Margles; Nancy Zalman, Bulletin Co-Ordinator.

KASHRUTH ENDORSATION

The Bulletin cannot vouch for the kashruth of the products or establishments advertised in this publication unless they have the certification of the Ottawa Vaad Hakashruth or other rabbinic authority recognized by the Ottawa Vaad Hakashruth.

One Rabbi's Response

by Rabbi Roy D. Tanenbaum

Question: What do you think of the new policy of the Ottawa Jewish Bulletin to carry non-kosher advertising?

Response: What a question to ask here! This column has already been reduced by the powers that be; who can imagine what will happen now?

Frankly, my opinion is that the new policy is mis-conceived. The Ottawa Jewish Bulletin is not an independent newspaper. It is, as has been iterated many times, an internal house organ; the public relations arm, if you will, of the Jewish Community Council. As such its editorial policies should be tuned to the purposes of the Jewish Community Council, which are in part to promote our community life in general, and, through the Vaad HaKashruth, one of its standing committees, dietary observance in particular. It does not make sense to me for the Jewish Community Council to supervise kashruth with its right hand, and to become the vehicle for non-kosher advertising with its left.

Secondly, the new policy creates public confusion. Levitt's meats, for instance, can be certified kosher only when cut in a kosher kitchen, and not on an unsupervised slicer in some delicatessen. Baked goods are kosher only when baked under rabbinical authority and not simply by virtue of the shortening used. With the rapid increase in the number of modern ingredients, the supervision of baked goods has become more and more technical. Catering is kosher, only when in a kosher establishment or under the seal of an authorized mashkiah of the Vaad HaKashruth. United is the only meat market supervised by the Vaad HaKashruth in

Ottawa; Rideau breads the only baked goods; and catering is kosher not by who caters, but only by the seal and testimony of a mashkiah appointed by the Vaad HaKashruth for that purpose.

Blurring these distinctions, however many disclaimers may be published, does not in my opinion promote the best interests of the Ottawa Jewish Community. When it is the Jewish Community Council that is guilty, it is doubly injurious because it leaves us with no trustworthy agency which can be depended upon in all instances.

Finally, I am one who believes that the value of the Ottawa Jewish Bulletin and Review is not measured by the advertising revenue it generates, but by how it creates community interest, carries the message, and unifies and solidifies our goals and attachments. Who can estimate the value of a well-informed community, or the spin-off value at campaign time? Advertising is a short-sighted standard by which to assess the worth of this paper.

Kashruth, itself, is a means of building this community's solidarity, and a mitzvah which involves the sensitivity to life for which the Jewish community's response to human needs is well documented.

My response is that the new policy, from halachic and pragmatic considerations, begs for further thought.

Signed questions to be answered in this column may be addressed to "Response," Ottawa Jewish Bulletin and Review, 151 Chapel Street. Rabbi Tanenbaum is a Conservative Rabbi at Adath Shalom Congregation in Ottawa.

Classified

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APARTMENT HOUSE, four units, east end Ottawa. Income approx. \$12,000 per year. Drastic reduction: owner leaving country. Asking \$89,500. Call 749-1113.

Volunteers

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ORT Sponsors

Essay Contest

Ottawa Regional O.R.T. will sponsor an essay contest for students of grades five through eight in Ottawa Jewish schools.

The topic of this contest is, "O.R.T.'s Contribution to Human Development."

Background and factual information material will be made available in the school's libraries.

From the best five essays, the winner will receive a prize of \$100.00. The second and third awards will be books on Jewish themes.

The contest closes March 31, 1979.

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Daily at 7:00 a.m. and 5:30 p.m. — Israel Radio in English on shortwave. Half hour program on frequencies 11.6, 15.4, 17.6, 21.4, MHz and 7.4, 9.4, 9.8, 11.6, MHz respectively.

Sundays, 11:00 a.m. — 93.1 radio — "Sunday Simcha" with host Rabbi Mordecai Berger. Jewish music, interviews, community announcements.

January 14, 12:30 p.m. — "Quest" television show with host Rabbi Reuven Bulka. Featuring Conrad Winn on the subject of Conflict Carryover.

January 18, 25, Feb 1, 9:00 p.m. — Channel 18 television — Three part series on Palestine. Emergence of the Jewish state from 1918-1948, utilizing archival footage, much never before shown.

February 11, 12:30 p.m. — "Quest" television show with host Rabbi Reuven Bulka. Interview with Dr. Timothy Hogan.



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Jewish Community Centre News

Quality Programming

- Good People-
- Good Thoughts-
- Good Programs-



by
Larry Szpirglas

The strength of a Jewish Community Centre lies in its ability to provide quality programming for its members and the community at large. There are basic ingredients in developing programs — programs which are of interest and sensitive to the needs of the community. Good programming requires an understanding of the community and its interests; committed lay leaders, who are representative of the community; skilled professional staff; and adequate resources — human and monetary.

The Ottawa Jewish Community Centre is fortunate in that it has strong lay leadership and that members of program committees are truly representative of the community. Our Program Chairmen include:

Dr. Sidney Kardash, Adult Program. Dr. Kardash is a leading pediatrician in the city and has been active in Adult Education programming at the Centre for the past 2 years. Roz Gershon, Teen Program. Roz is a businesswoman and concerned mother. She has recruited a Committee of 12 people who represent a number of Jewish Youth organizations in the city.

Sheldon Taylor, Physical Education Program. Sheldon has been an active member of the Athletic Committee for 3 years. Norman Slover, Health Club Program. Norm is a lawyer in the firm of Radnoff, Read and Slover and has been active in the Centre for 5 years.

Malcolm Glube, Camping Services. Malcolm has been a driving force in bringing innovations to the Centre's Camping Program. Under his leadership, the Camp Committee is developing a more extensive camping service than has been offered previously.

In an attempt to provide a cohesive and comprehensive programming package, the Committee Chairmen meet on a regular basis with Saul Ross, First Vice-President of the Jewish Community Centre and Program Co-ordinating Committee Chairman. Saul has been a faculty member of University of Ottawa, Physical Education Department, for 9 years and an active member of the Centre for 11 years.

The structure of this Committee ensures consideration of all segments of the community. This type of lay participation ensures that program goals are in consonance with prevailing community needs and interests. Coupled with the expertise of the Jewish Community Centre staff, quality programming is the result.

With respect to resources, the Centre is a beneficiary of the United Jewish Appeal, but revenues from this source cover only a portion of the Centre's expenses. In order to provide the community with a comprehensive program, the Centre also relies on revenue from membership and program fees. Participation by families and individuals as members of the Ottawa Jewish Community Centre helps to ensure adequate funding for programs. Another important Centre resource is "people". Many Centre programs require volunteers to assist in the planning and organization of programs, such as the Book Fair and Artisan's Fair.

Supporting the Centre in this way ensures the community that it will receive the type of programming it requires.

The Jewish Men's Hockey League (J.M.H.L.)

The league started in early October, with four teams. The success of the league is due largely to the efforts of Bryan Glube, who worked in co-operation with Ron Boro, the Jewish Community Centre Physical Education Director.

The league would like to invite you to the RA Centre, on Riverside Drive, to view and give support to your favourite team. The games are played on Sundays, from 5:30 to 7:30 p.m. Be sure to dress warmly as the arena can become quite cold.

J.M.H.L. Scoring Race

	GP	W	L	T	TP
Canadians	7	5	2		10
Deep Purple	7	4	2	1	9
Glube's Gunneros	7	2	4	1	5
Toros	7	2	5	4	4

	Goals	Assists	Total Points
Howie Greenberg	6	3	9
Joel Greenberg	5	2	7
Peter Cowan	4	3	7
Lawrence Baslaw	2	5	7
Neil Broitman	5	1	6
Joel Koffman	3	3	6
Warren Kronick	4	1	5
Aaron Shier	3	2	5
Mark Kerzner	2	3	5
Arnie Cowan	5	0	5

Note: These statistics included the game played Dec. 3, 1978.

Gym Blurbs

Noon Fitness Class

The Co-ed Noon Fitness class is averaging about twenty-six members daily and runs as high as 45 participants. Join Joe Ghetler, Abe Carlofsky, Norm Slover, Percy Levine, Debbie Cohen, Nina Niedzwiecki and all the others as Ron and Louise, along with Morris and Benes Cantor — the fitness assistants, put members through their paces.

The class meets at 12:30 p.m., Monday through Friday. There is room for you.

Ladies' Fitness Party

The Ladies' Fitness class had their annual party on Tuesday, December 12, in the Ladies' Lounge. Among the 35 fit ladies, who were present for gift presentations to Shoshana Edery and Louise Cloutier, were Esther Kaplansky, Anne Taller, Dora Finkelman, and Alice Vermette. Shoshana Edery prepared a buffet lunch that was enjoyed by all (salads, of course).

The fitness class will start again on January 3, 1979. Anyone interested in joining, please contact Louise or Ron in the Phys. Ed. Department.

Women's Varsity Volleyball

The Women's Volleyball team has moved up one place in their standings. With Ina Lipsey's sidewinder serve, Debbie Cowan's setting and Julie Orlick's spiking, we will certainly continue to improve throughout the season. The team shares sixth place in the league with Labour Canada.

The team plays on Monday evening, from 7:00 to 10:00 at the Jewish Community Centre. Spectators are welcome.

Women's Basketball

The Women's Basketball night is really scoring points. Among some of the participants are Joy Mender, Jenny Citron, Carol and Debbie Cowan. A vote of thanks is extended to Alyssa Greenberg, Janice Plect and Glenda Goldmaker for getting this evening underway.

There is still room for a few more participants. Anyone interested, please come out on Tuesday at 8:00 o'clock, or call Louise or Ron in the Phys. Ed. Department.

Junior Floor Hockey

The season is off to a fine start. Teams' captains Dean Ross, Dan Labow, Warren Melamed and Adam Kronick have done a fine job. At present Dean's and Warren's teams are tied for first place with six points, while Adam's team and Dan's team have 4 points and 2 points respectively. The scoring leaders are as follows:

Name	G	A	Pts
M. Cantor	13	14	26
A. Kronick	11	15	25
D. Ross	16	1	17
D. Albert	8	4	12
W. Melamed	7	4	11
D. Labow	7	4	11
H. Gausack	4	2	6
M. Gausack	3	1	4
J. Kronick	2		2

K. Friedman	2	2
J. Bernard	1	1

Health Club Kiddush

The Annual Health Club Chanukah Kiddush was held on December 15, 1978, with forty people in attendance. Accordion music was supplied by Yacov and the singing was led by Cantor Aptowitzer. The latkes were in great demand, thanks to Shoshana. This month's sponsors were Saul Ross, Len Farber, Seymour Eisenberg, Percy Levine, Leon Bronstein, Martin Abrams and Israel Kardish.

Co-ed Evening Fitness

Looking in the mirror, do you see too much of yourself? You can gain a sense of proportion or that image you

wish you had but never got around to doing much about by joining the Co-ed Fitness group on Monday, Wednesday and Thursday evenings, under the gentle (but firm) guidance of Reg (Shlomo) Hewitt.

It is fun. This winter we are adding skating and cross-country skiing to the list of activities which include jogging, stretching, callisthenics, weight training, basketball, trampolining, grunting and (lots of) groaning. Come out and join Charlotte Slack, Marlene MacTill, Elsa Rivers, Bernie Shaffer, Harvey Taback, David Marigold and Larry Shalit. Make yourself a "fit" machine.

For further information, call Reg after 6:00 p.m., or Ron during the day at 232-7306, Monday to Thursday.

Phys. Ed. Box

by Ron Boro

Physical Education Director

This article appeared in last year's Bulletin. Since winter is fast approaching and there are many new-comers, the Physical Education Department is repeating it again.

Remember — jogging in winter can be fun.

Winter Jogging

The current temperature is . . . ? How many times during the winter do you hear the radio and TV announcer put a number at the end, and you say, "Well, it is too cold to run today."

You try to rationalize to yourself that one day will not hurt you. The next day — the same thing happens, and you start breaking your running routine.

You must be prepared for the weather. Running in cold can be just as harmful as in hot weather. Here are some guidelines. The most important rule is not to wear bulky clothing but many layers of light clothing. Severe winter conditions dictate the use of up to four layers.

The first layer should be absorbent and non-irritating. Fish-net underwear made of wool is excellent. The second layer should be a good insulator. I often use a turtleneck which retain the warmth. The third layer is the sweater-shirt. It should have a hood, pockets, fleece lining and not be made of nylon. The fourth layer is a windbreaker. The best material is cotton poplin, which allows sweat to evaporate without condensing inside the jacket.

The legs should be able to move; therefore, only two layers should be used. Wear underwear (cotton for male), long johns and wool or nylon warmups.

Footwear is the easiest and simplest to arrange. Wear running shoes and one pair of socks. As long as you keep moving, you are fine.

If you are planning to run in high snow, there are devices called "gaiters", which are tube-shaped pieces of nylon that are pulled over the pant leg and then fastened at the bottom of your shoes. One problem is that the elastic breaks, so, try to limit the use.

Head covering is very important. The best material for keeping your face and breath warm is wool. Wool can absorb moisture without losing its insulating properties.

When running, always go into the wind at the start. Running with wind causes the body heat to build. Having to run back into the wind with sweaty clothes can be disastrous.

These are just a few guidelines that will help you run year round. Let's jog through the winter!





Jewish Community Centre News



West End Chit Chat

by Doreen Keir

The Chanukah — Christmas closing of the West End Rhythmic Fitness class was held on Thursday, December 14 with the traditional cheese and fruit party and special treat — Ethel's Pecan Delights. It was a

get-together with members having the opportunity for chatting and becoming better acquainted.

Classes have continued to be well attended with the "regulars", who are the backbone of the class, welcoming new and past members while also bidding farewell to others. Heading the group with perfect attendance for the first two sessions was Frances Kransberg who has since become a snowbird and flown to Arizona for the winter. Belle Gitterman has successfully taken over first place for the last session with Selma Davis as runner-up.

When the "Lose & Win Club" rolls around, semi-annually, many members take advantage of committing themselves to weight watching and seriously make the effort to lose their extra pounds. All members were successful with varying results and hopefully will continue to follow a lifestyle which will keep them slimmer and healthier. Two of

For Juniors

Shabbat Sheini

Shabbaton Program

Saturday afternoons at the Jewish Community Centre can be an afternoon of fun and learning. The Youth Department of the Jewish Community Centre is having a Shabbaton Program for children ages 5 to 10 years.

The first Shabbat Sheini program will be held on Saturday, February 10, beginning at 2:00 p.m. Quizzes, quiet games, and Judaic Drama will all be a part of this new and unique programming idea. Emphasis will be placed on understanding shabbat, within a fun and learning environment.

Parents are invited to join their children at 5:15 for a light supper and Havdalah service.

Those interested or wishing more information, may call the Youth Department at the Jewish Community Centre, 232-7306.

the Club members, Donna Ford and Val Puddicombe won the lucky draw — gift plants which will take over the growing "bigger."

The 1979 session begins on Tuesday, January 2 at 9:30 a.m. Join your friends and relatives and make new acquaintances while keeping yourself fit.



Howard Osterer-Ottawa Co-ordinator B.B.Y.O.

B.B.Y.O. Golden Sisterhood

This year marks the 50th anniversary for B'nai B'rith Girls. What does this mean? We are looking for former BBG members to attend some of the upcoming celebrations for our golden anniversary. All former BBGers are invited to attend B.B.Y.O.'s famous

BEAUHEART BALL
FEBRUARY 11th
8:00 p.m.

at the
BETH SHALOM SYNAGOGUE
1445 EGLINGTON WEST
TORONTO, ONTARIO

The B'nai B'rith Youth Organization in Ottawa will be celebrating this anniversary in March with a grand B'nai B'rith gala evening. For more information please call
PENNY TORONTOW — VICE-PRESIDENT — Southern Ontario
820-9042

or HOWIE OSTERER — OTTAWA CO-ORDINATOR
523-5388

By participating in these events you will make the celebration that much better.

The following is a list of Teen group supervisors for Jewish Youth groups. For any general information please feel free to call Bernie Farber, 232-7306.

TEEN GROUP DIRECTORY

J.C.C. Youth Dept — Bernie Farber 232-7306

B.B.Y.O. — Howard Osterer — 523-3810

Temple Israel Youth — Debbie Viner — 224-1802

Machzikei Hadas Youth — Jonah Libman — 521-9700

N.C.S.Y. — Elliott Malamud — 722-8394

Dror-Habonim — Hillel Brustin — 232-7306

Something for Everyone — J.C.C. Membership



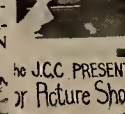
The Jewish Community Centre offers a wide range of programs, events, and services for its membership and the entire community, regardless of age. As General Members of the Centre, families and individuals receive a number of benefits:

- a wide range of social, recreational, cultural and athletic programs, free of charge or at reduced rates;
- reduction in Day Camp fees;
- use of physical education facilities, including locker rooms and showers; gymnasium, racquetball courts and weight room.
- use of the Jewish Community Centre Library and all its resources, including free borrowing services.

Health Club Members. In addition to the above, steam room and sauna, the services of a masseur and Health Club attendant; sun lamp facilities; small whirlpool for injuries; lunch service; brunches and special Health Club programs organized by the Health Club Program Committee are available to H.C. members.

The Centre membership card is also honoured at more than 300 Centres and YM-YWHA's throughout Canada and the United States.

Centre membership is open to the entire Jewish community. Various programs and activities are available to non-members on a differential fee basis. Reduced membership rates are available effective December 1, 1978. Please see the accompanying membership fees chart. Application Forms with cheques attached should be sent to: the Jewish Community Centre, 151 Chapel St., Ottawa K1N 7Y2.



Membership Fees and Categories

(December 1, 1978 - August 31, 1979)

	General Membership	Health Club Membership
FAMILY	\$71.00	\$146.00 (both parents)
Husband, wife and children at school		\$120.00 (one parent)
SINGLE PARENT	\$60.00	\$112.50
Family Membership		
SINGLE PERSON	\$45.00	\$105.00
Age 18 and above		
GOLDEN AGERS	\$15.00	\$75.00
Age 65 and above		
NOON TIME FITNESS PARTICIPANTS	\$49.00	\$109.00
NEWLY-WEDS		One-half price for all categories
STUDENTS		One-half price of a single fee of an adult
Between ages 18 and 21		

General Membership Application JEWISH COMMUNITY CENTRE OF OTTAWA

Name Birthdate

Address Phone

Firm Phone

Address Postal Code

Sponse's Name Birthdate

CHILDREN

Name Birthdate Age

..... Birthdate Age

..... Birthdate Age

I, the undersigned, hereby make application for membership in the Jewish Community Centre of Ottawa for myself and my family and agree to abide by its Rules and Regulations.

Date Signature

NOTE: Please circle your membership fee thus indicating kind of membership desired. (See above).

Make cheques payable to the Jewish Community Centre of Ottawa.



Jewish Community Centre News

Ottawa Jewish Singles Club

(in conjunction with the Ottawa Jewish Community Centre)

This club is for any Jewish single, separated, widowed or divorced person. It arranges recreational activities and provides opportunities to form friendships and helps with common problems.

Our first monthly NEWS LETTER was posted in good time and covers all major activities for the month of January plus a forecast of February. To receive your copy of OJSC NEWS LETTER phone Reuben Lightstone at our general information number 729-1359.

Attend our Sunday Brunch which is being held at the TRIO TEA ROOM, 427 Sussex Drive on the 21st January at 11:00 a.m. A pleasant room, moderate prices and interesting

chatter are in store for you. Further information from Shayna Kecas at 234-4656.

Music Appreciation meets once a month at various members homes. Central themes will be Yiddish and Hebrew music on Wednesday 17th January at 8:30 p.m. Please check with our general information number for location.

Our first Supper Club for 1979 will be at the La Paloma Restaurant, 348 Rideau St., corner of Nelson on Thursday 25 January at 7:00 p.m. While we don't know what group will be playing, if they are anything like the talented musicians we had in December there will be great dancing after nine. Information from Sophie Wapniarsky at 731-1869.

Cross Country Ski Group has now been organized and is off

to a good start. Those interested should contact Danielle Nahon at 236-3255 between the hours of 10 and 11:30 p.m. Let's get those skis waxed and out into the fresh air.

This is our first call for "Ballroom Dancing" now being organized. Not a beginners group, those applying should be adept to the steps and routines of the ballroom floor. We will use the facilities of the Chateau Laurier Hotel. Interested persons phone our general information number.

Anyone interested in attending the Orpheus production at the High School of Commerce — Rodgers and Hart's "The Boys From Syracuse" on Saturday 17 March please call Marilyn Pascal at 828-0351.

All Jewish singles are invited to attend any or all of the above events.

From the J.C.C. Library Shelves

Kosher Home

This is a Family Circle or Woman's Day type of magazine for the Jewish homemaker. Even though it details recipes for a multitude of culinary delights, it does not focus exclusively on them. There is a refreshing variety of articles on such diverse subjects as a Hasidic community in New Square, New York, travel by camper, growing your own Arovot, and even post-holiday exercises.

All this with superb photography!

Concern for your health is paramount in the mouth-watering low-calorie, low

cholesterol recipes, and when entertaining, you are admonished to: "Love your neighbor's waistline as your own".

Patai, Raphael: The Jewish mind.

A journey through three millennia. This book examines six great historic encounters which took place between Jews on the one hand, and Canaanite culture, Hellenism, the Arab Golden Age, Renaissance Italy, Russian sectarianism and European Enlightenment on the other hand. This is followed by an even more fascinating journey — into the contemporary Jewish mind.

The Ottawa Kosher Supper Club in conjunction with The Jewish Community Centre presents A Gastronomic Feast

*food *music
*drink *games

Cost . . . \$25.00/couple
Time . . . Saturday, January 20, 1979
Place . . . J.C.C. Social Hall

Contact: Gary Eisen — 521-9585 Paul Bregman — 521-6790 Larry Szpirglas — 232-7306

Fitness For Seniors
WEDNESDAYS 1 p.m.
in the Assembly Hall
of the Jewish Community Centre
REFRESHMENTS AFTER SESSIONS
For information, call
Louise Cloutier or
Rusty Torobin, 232-7306

B.B.Y.O. is now the world's largest Jewish youth organization.

Nearly 40,000 high school youth in over 1,500 local chapters throughout the world participate in a program which is unique in the field of Jewish Youth Service. Orthodox, Conservative, Reform and the non-affiliated — all Jewish Youth are welcome to B'nai B'rith's Youth's broad schedule of sports, social activities, cultural and religious programs, service to the Community, social actions and training for tomorrow.

B.B.Y.O. offers a bright future of fun and excitement for anyone who is sincerely interested. New members can progress and become chapter officers, council officials, or even district or international leaders. Even our youngest members begin by planning small programs and work their way up to running major events. B.B.Y.O. kids are in the forefront of the young Jewish community, and as a member you can take advantage of the numerous educational, social, religious, and educational activities which will help you become a leader of tomorrow.

January 15 to February 15 has been declared Membership Madness Month in the Ottawa area. This annual B.B.Y.O. program marks an exciting time with many zany events to be held. We are looking for young men between 14 - 18 years of age to join our

boys organization called Adolph Zadik Aleph (AZA), and young women of the same age group to participate in our girls program called B'nai B'rith Girls (BBG).

We want you in B'nai B'rith Youth this year. We have many excursions planned, like the 50th Anniversary "Beaheart Dance" in Toronto, the district athletic tournament, leadership training weekends. B.B.Y.O. Israel Summer Institute 79, conclaves in Buffalo, Boston and Toronto, Soviet Jewry Workshops, a Spring Convention weekend at Trent University, rollerskating discos, and much, much more.

In Ottawa you can contact the following presidents for any further information about the B'nai B'rith Youth Organization. They are Lisa Millestone 731-1010 (Yonim Girls), Sharon Diener 733-5155 (B'Sheret Girls), John Dover 731-7576 (Palmach Boys), Gary Greenberg 729-2883 (Knesset Boys), Howard Osterer Ottawa Coordinator at 523-5388, or the Jewish Community Centre Youth Department at 232-7306.

B.B.Y.O. is generously funded by the mother and father lodges and chapters of B'nai B'rith Ottawa. Many of our programs are in affiliation and are promoted through the auspices of the Jewish Community Centre of Ottawa.

GET INVOLVED NOW!



B'nai Brith Youth Organization
Southern Ontario Region
Ottawa Division

Name _____ Age _____

Address _____

City _____ Postal Code _____

Phone Number _____

High School _____

I would like further information about B.B.Y.O. AZA / BBG programs.

Presentation of this card entitles the bearer to FREE ADMISSION to B.B.Y.O.'s Casino Night!

The B'nai B'rith Youth Organization works in co-operation with the Jewish Community Centre of Ottawa.

ORGANIZATIONS, PEOPLE, EVENTS

Show Walt Disney Movies Jan. 28 at Young Israel

Young Israel of Ottawa is holding the first in a series of tallit and tefilin programs on Sunday morning, January 28 at 627 Kirkwood.

Services are at 8:30 followed by breakfast at 9:15. At 10:00, there will be a feature length Walt Disney movie and some

cartoons.

A small charge will be made, to help defray costs: \$1 for adults or \$3 per family. All Ottawa Jewish men, women, boys and girls are invited.

For information and reservations, contact Betty Finkelman, 722-8394.

Plan Weekend for Camp Ramah, Family Films

The week-end of January 27-28 is being designated "Camp Ramah Week-end" at Agudath Israel Congregation.

Highlight of the week-end will be a visit by Dr. Epi Epstein, Director of Camp Ramah in Canada who will meet with past and future "Ramaniks" and parents on Sunday afternoon.

The week-end activities will start Sabbath morning, with Agudath Israel's services being conducted by boys and girls who have attended Camp Ramah.

The Sunday afternoon "reunion" and Meet the Director get-together in the synagogue social hall will be an opportunity from 3:30 to 5:30 for parents interested in learning about Camp Ramah to get any information they would like.

Agudath Israel then invites all those present to stay on into the early evening for another of the Congregation's Family Film Festival nights, where a movie will be shown following a Weenie-Beany supper. The supper and movie are subject to a nominal charge.

Offer Prize for Yiddish Manuscript

The National Committee on Yiddish of the Canadian Jewish Congress is pleased to announce that the Augenfild family of Montreal is offering a prize of one thousand dollars (\$1,000) for a literary or scientific work on a Jewish topic in the Yiddish language. The prize will be awarded at the Second National Conference on Yiddish, which will take place on June 10, 1979 in Toronto.

The prize is given in memory of Mrs. Augenfild's father, the late Israel Maharshak, a well known teacher and school principal of the Yiddish schools in Vilna.

The rules are: (1) Participants must be Canadians up to the age of 35. (2) The manuscript in Yiddish, on a Jewish topic must have a minimum of 6000 words. (3) Manuscripts should be sent in not later than April 1, 1979 to the following address: National Committee on Yiddish of the Canadian Jewish Congress, 1590 McGregor Ave., Montreal, Que. H3G 1C5.



Adath Shalom Congregation

A scene from the Fall Flea Market conducted in Stittsville by Ottawa's newest synagogue.

CAMP RAMAH WEEK-END AT AGUDATH ISRAEL Jan. 27-28

—Saturday morning . . . services conducted by "Ramaniks"

—Sunday afternoon, 3:30 to 5:30, Dr. Epi Epstein, Director of Camp Ramah in Canada, will be on hand to meet with past and future "Ramaniks" and parents. Everyone is invited to stay for the Agudath Israel Family Film Festival and Weenie-Beany supper, at a nominal charge.

People In The News



Purchases Wood of Trees

Sonia Kizell is shown receiving the Certificate for a Wood of 2,500 Trees purchased through the Jewish National Fund of Canada. With Mrs. Kizell from left to right are Morrie Kaporovsky, President, Quebec Region, Lt. Col. Yaacov Perez, Jerusalem Emissary and Nathan Scott, National President.

Engagement

Mr. and Mrs. Morton Friedman of Natanya, Israel are pleased to announce the engagement of their daughter, Shana to Michael, son of Mr. and Mrs. Frank Richtman of Melbourne, Australia. A March wedding is planned.

Queen's Council

Florence Rosenfeld was recently appointed a Government of Canada Queen's Council, in recognition of her performance in government service. Mrs. Rosenfeld is presently editor of the federal court reports. She was formerly secretary of the Statute Revision Commission.

Other appointees, to the Queen's Council for Ontario, are David Alexandor and Kenneth Radnoff. Mr. Alexandor's specialties are in real estate, corporate and commercial law, and Mr. Radnoff concentrates in civil litigation.

Conduct Folk Dance Clinic

An Israeli folk dance workshop conducted by International Folk Dancers of Ottawa, will be held on Thursday, January 18, from 7:30-10:30 p.m. at the Jack Purcell Community Centre, 320 Elgin Street.

Teme Kemerman, a Toronto professional folk dance teacher, will instruct. The workshop costs \$1.00, but is free to members. For information call Rhoda Bodnoff, 224-0534.

Recreational Dance Sundays

There is Israeli folk dancing for those who are interested, every Sunday at 7:30 p.m. at 1301 Prince of Wales Drive (Temple Israel).

Beginners are welcome and there is no charge. This activity is recommended for those age 15 and over.

For any details or information call Marla at 722-6903 or Joanne at 225-3409.

Graduations

Dr. Jeffrey Ginsberg, son of Mrs. A. Ginsberg, and the late Abe Ginsberg graduated from University of Ottawa Cum Laude and is now an intern at York Finch Hospital in Downsview, Ontario. Jeffrey Ginsburg was Head Boy at Hillel Academy (West End) in 1966.

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Camp B'nai B'rith of Ottawa STAFF

Applications are now being accepted for the following positions.

COUNSELLORS SPECIALISTS:

arts and crafts	photography
swim	Judaica
tripping	riding
nature lore	drama
camp driver (21 yrs. of age)	

For interview, please call camp office, 828-7192.

Finance Minister to Speak

Larry Hartman, President of B'nai B'rith, Parliament Lodge, Chapter 2159, has announced that the Honourable Jean Chretien, Minister of Finance, will be guest speaker at a special meeting at the Jewish Community Centre on Wednesday evening (8 p.m.) January 31.

The Lodge is extending an open invitation to all members of the community to hear Mr. Chretien's message, which is "Our choice — the future of Canada".



Jean Chretien

Mr. Chretien is a former Minister of Industry, Trade and Commerce and Minister of Indian and Northern Affairs, and he is now Minister of Finance in Prime Minister Trudeau's cabinet.

The Honourable Minister will speak in support of his and the cabinet's recent changes to improve the direction in which Canada should move, in both a domestic and international sense.

Refreshments will be served. There is no charge.

Bells Will Be Ringing

On Sunday, February 11, from 9:00 a.m. on, bells will be ringing all over Ottawa for the annual Tu B'Shevat Plant-a-Tree Telethon conducted by the Jewish National Fund.

Herbert Zagerman, chairman of the Ottawa JNF Council, and Sarah Swedler, Chairman of the telethon, urge the Ottawa Jewish Community to respond generously to the volunteer canvassers.

Contributions for the purchase of saplings for Israel may also be made by calling toll-free to the Montreal office, at 1-800-361-8459.

**SHABBAT
CANDLELIGHTING**
Jan. 12 — 4:22 p.m.
Jan. 19 — 4:31 p.m.
Jan. 26 — 4:40 p.m.

View Super Bowl Kosher Style

Those who can't make it to the Super Bowl Game live this year, can make it to the next best thing — a B'nai B'rith (Bytown Lodge) Super Bowl Party.

The game will be shown on a super large six foot colour screen, courtesy of Eastern Channels, audio and visual consultants. And if that's not enough, there will be a Super Bowl Super Sound System, designed especially for the party with sound so real you would think you were actually at the ball park!

There will also be kosher food, party snacks and cold refreshments for all the noshers and fressers to enjoy before, during and after the game. Prices are reasonable.

It's all taking place at

Machzikei Hadas Synagogue on Super Bowl Sunday, January 21. Admission is \$1.50. Everyone has a chance to win some of the door prizes.

As an added feature, the Bytown Lodge will be

presenting its own half-time show.

Doors open at noon hour. All proceeds go to charity.

For more information, contact Paul Bregman, 521-6790.

Jewish Immigrant Aid Services

J.I.A.S. Needs

- tables
- lamps
- blankets
- dishes
- pots and pans

in good condition for newly-arrived immigrants.

Call Roslyn Kimmel at 825-3270 or Yvonne Lithwick at 729-2604 for pick-up.

WE ARE LOOKING FOR

Back copies of the Ottawa Jewish Bulletin. Newspapers constitute an important source of information about the community and are an integral part of every historical collection. The Ottawa Jewish Historical Society has been successful in collecting almost complete copies of the Bulletin from 1940 to the present. We do lack many copies from the 1960's, and should like to complete our collection.

If you have any copies of the Ottawa Jewish Bulletin prior to 1974, and can donate them to the community archives, contact Shirley Berman at 232-7306, or bring them to the Centre.

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French Fries; Onion Rings.

A large selection of Kosher groceries including a full line of Kosher cheese

Ground Meat \$1.59/lb. (5 lb. minimum)	Chicken Breasts Frozen Case Lots \$1.69/lb.	Chicken Legs Frozen Case Lots \$1.59/lb.	Chicken Wings Frozen Case Lots \$1.39/lb.	Veal Brisket \$2.09/lb.
Turkey Wings \$1.49/lb.	Chuck \$2.09/lb.	Chickens Frozen Case Lots \$1.35/lb.	Whole Turkey Breasts \$2.29/lb.	Long Ribs Bake or B.B.Q. \$1.09/lb.